

Youth Sports

Fall Tot Field Hockey

(Ages: 5 to 6yrs) Join this program that will introduce your 5 and 6-year-old to Field Hockey and prepare them for our Field Hockey league. Register early to ensure your spot in this exciting program. The age determination date is November 1, 2010. No age waivers allowed in Tot Field Hockey.

Sa, 11-Sep to 9-Oct 11:00 AM - 12:00 PM
Dixon Park Fields
\$20 City, \$40 Non-City Resident
\$20 Late fee after 8/19
Registration has already begun.
Deadline to Register: 8/19
📄 Special Registration form required.

Youth Flag Football

(Ages: 5 to 6yrs)

A precursor to our Youth Football program, Flag Football introduces your child to the basics and fundamentals that they will need to take their game to the next level. The program is held in an instructional format, and players will scrimmage one another during the program. Registration begins June 23 for City Residents and June 30 for Non-City Residents. The deadline to register is August 13. The age determination date is November 1, 2009. See special registration form for details.

1400.104 Sa, 12-Sep to 17-Oct 3:00 PM - 4:00 PM
Walker Grant Middle School
\$20 City, \$40 Non-City Resident
Registration has already begun.
Deadline to Register: 8/13
📄 Special Registration form required.

Fall Tot Soccer

(Ages: 4 to 5yrs) Our instructional soccer program returns for another fun-filled season and will meet over five Saturdays. Kids will meet as a group and receive 30-minutes of instruction, and then scrimmage for the remaining 30 minutes. This is one of our most popular programs, and typically fills quickly. Age determination date: November 1, 2010.

Session I 12:00 PM - 1:00 PM
Session II 1:15 PM - 2:15 PM
Sa, 11-Sep to 9-Oct
Dixon Park Fields
\$20 City, \$40 Non-City Resident
\$20 Late fee after 8/19
Registration has already begun.
Deadline to Register: 8/19
📄 Special Registration form required.

Preschool Variety Dance

(Ages: 2 to 5yrs) Join us for a highly interactive and gently structured variety dance class for preschool age children. Enhance your child's trust in their own creative expression as they enjoy a dance experience with kid friendly music and easy to follow moves. Through an array of dance activities including games, rhythm songs, and group activities students will enjoy the many physical and social benefits of group dance. Please bring a water bottle.

2080.100 F, 10-Sep to 1-Oct 10:00 AM - 10:45 AM
2080.110 F, 8-Oct to 29-Oct 10:00 AM - 10:45 AM
2080.120 F, 5-Nov to 3-Dec 10:00 AM - 10:45 AM
Community Center Instructor: Kaulfers, Katie
\$25 City, \$30 Non-City Resident
Registration Begins: 8/24 City 8/31 Non-City

Tot Basketball

(Ages: 5 to 6yrs) This FUNdamental program teaches girls and boys 5-6 years old the basic skills of the game of basketball in a non-competitive environment. This 5-week program is designed to foster each child's interest in the game, while having the opportunity to play with other children the same age. Age determination date is March 1. No age waivers into Tot Basketball allowed.

Session I 4:00 PM - 5:00 PM
Session II 5:15 PM - 6:15 PM
Sa, 28-Jan to 6-Mar
Walker Grant Middle School Gym
\$20 City, \$40 Non-City Resident
\$20 Late fee after 12/23
Registration Begins: 10/26 City 11/2 Non-City
Deadline to register: 12/23
📄 Special Registration form required.



Youth Sports

Youth Basketball

(Ages: 7 to 15yrs) It takes more than skill to play great basketball. Teamwork is the key to success and something you will learn in our Youth Basketball League. Practices and games start in January and will take place at James Monroe High and Walker-Grant Middle schools. You can sign up for either a Monday or Tuesday practice, with games on Wednesdays, Thursdays, and Saturdays. The age determination date is March 1, 2010.

Novice	(7 to 8 yrs)
Rookie	(9 to 10yrs)
Junior	(11 to 12 yrs)
Senior	(13 to 15yrs)

3-Jan to 6-Mar

James Monroe HS & Walker Grant MS Gyms

\$30 City, \$60 Non-City Resident

\$20 Late fee after 12/2

Registration Begins: 10/26 City 11/2 Non-City

Deadline to register: 12/2

📄 Special registration form required.

Holiday Basketball Camp

(Ages: 7 to 15yrs) Get a pre-season edge on your opponent while on school break. Learn detailed skills from our excellent staff and enjoy your vacation learning hoops. This program will get you set for our league beginning in January. No age waivers. Birth certificate required at the time of registration, if not already on file.

1210.204 M - W, 27-Dec to 29-Dec 9:00 AM - 12:00 PM

James Monroe HS Gym

\$35 City, \$50 Non-City Resident

\$10 Late fee after 12/3

Registration Begins: 8/24 City 8/31 Non-City

Deadline to Register: 12/3

📄 Special registration form required.

Junior Karate

(Ages: 5 to 7yrs) Our Junior Karate class is a great introduction into the world of martial arts for your child. It's also an excellent way to develop self-confidence, balance, coordination, and discipline. Register early, class size is limited.

2520.113 M W, 13-Sep to 25-Oct 5:00 PM - 5:50 PM

2520.114 M W, 1-Nov to 13-Dec 5:00 PM - 5:50 PM

Community Center Instructor: Morton, Mike

\$35 City, \$45 Non-City Resident

Registration Begins: 8/24 City 8/31 Non-City



Isshynru Karate

(Ages: 8 & over) A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parent, you can take it with your kids - you'll both have fun, and learn something too!

Evening

2530.112 M W, 13-Sep to 25-Oct 6:00 PM - 6:50 PM

2530.111 M W, 1-Nov to 13-Dec 6:00 PM - 6:50 PM

Saturday

2530.116 Sa, 18-Sep to 23-Oct 10:00 AM - 12:00 PM

2530.115 Sa, 30-Oct to 11-Dec 10:00 AM - 12:00 PM

Community Center Instructor: Morton, Mike

\$35 City, \$45 Non-City Resident

Registration Begins: 8/24 City 8/31 Non-City

Youth Sports

Fencing - Beginner + Intermediate

(Ages: 8 to 16yrs) Our trained instructor will meet with you once a week to teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At the first day of class, you will need to rent equipment for \$20, or you can bring your own. Take this opportunity to get off the couch and learn something new. Class size is limited so don't miss your chance, sign up today!

Beginner Fencing

4444.101 Tu, 14-Sep to 19-Oct 7:00 PM - 8:00 PM

4444.105 Tu, 2-Nov to 7-Dec 7:00 PM - 8:00 PM

\$60 City, \$65 Non-City Resident

Take the next step!

Intermediate Fencing

4444.108 Tu, 14-Sep to 19-Oct 7:00 PM - 8:00 PM

4444.110 Tu, 2-Nov to 7-Dec 7:00 PM - 8:00 PM

\$70 City, \$75 Non-City Resident

Community Center Instructor: Taylor-McNally, Dan

Registration Begins: 8/24 City 8/31 Non-City

Homeschool/Family Fencing

(Ages: 8 & over) Homeschoolers - try something new and fun! Our fencing instructor will teach you the basic stance and how to lunge. At registration you may opt to rent equipment or bring your own. Class size is limited so register early!

4400.202 Th, 16-Sep to 21-Oct 12:30 AM - 1:30 PM

Community Center Instructor: Taylor-McNally, Dan

\$60 City, \$65 Non-City Resident

Registration Begins: 8/24 City 8/31 Non-City

Family Fitness

(Ages: 3 & over) Fitness the whole family can do! We're mixing it up each week with a variety of formats including kickboxing, yoga, Zumba, Obstacle courses, and more! What could be a better way to promote a healthy lifestyle than exercising as a family? Now is your chance to get the whole family involved!

2060.200 Sa, 11-Sep to 2-Oct 10:00 AM - 11:00 AM

2060.210 Sa, 9-Oct to 30-Oct 10:00 AM - 11:00 AM

2060.220 Sa, 6-Nov to 4-Dec 10:00 AM - 11:00 AM

Community Center Instructor: Wanzer, Nancy

\$30 City Family, \$35 Non-City Resident Family

Drop In: \$10 per Family

(Family for registration purposes consists of 1 parent/guardian w/ one child - 2 parents/guardians w/as many as 3 children. Additional fee of \$5/child for more than 3 children)

Registration Begins: 8/24 City 8/31 Non-City

Pee Wee Tennis

(Ages: 4 to 6yrs) With little racquets and shorter nets, even the tiniest of hopefuls have a chance to succeed. This class is a wonderful introduction to a lifetime sport for your child.

1710.114 M W, 13-Sep to 29-Sep 5:00 PM - 5:50 PM

1710.113 M W, 11-Oct to 27-Oct 5:00 PM - 5:50 PM

\$35 City, \$45 Non-City Resident

Registration Begins: 8/24 City 8/31 Non-City

Youth Beginner Tennis

(Ages: 7 to 15yrs) This program is intended for the 7 - 15 year old player. We will use the USA 1*2*3 program to teach the beginner player the basic skills needed to start enjoying a wonderful lifetime sport.

1730.113 M W, 13-Sep to 29-Sep 6:00 PM - 6:50 PM

\$35 City, \$45 Non-City Resident

Registration Begins: 8/24 City 8/31 Non-City

Youth Intermediate Tennis

(Ages: 7 to 15yrs) This program, intended for player 7 - 15 years of age, is a continuation of the Beginner Tennis program. Players will learn more strokes and strategy to help gain confidence on the court.

1730.114 M W, 13-Sep to 29-Sep 7:00 PM - 7:50 PM

\$35 City, \$45 Non-City Resident

Registration Begins: 8/24 City 8/31 Non-City

Memorial (Kenmore) Park Tennis Courts

Instructor: Canizares, Art



Birth Certificate (proof of age)

is required at the time of registration for youth sports and camps, unless one is already on file. A special registration form is required for each youth and tot sport. These forms are available in the Parks and Recreation office and on-line at www.fredericksburgva.gov

YOUTH SPORTS THANK YOU

Thank you to our Coaches!

Troy Altizer	Tracy Edwards	John M. Palmer
Mark Anderson	David Huneke	David Parker
Robert Baldwin	Eric Keeler	Ken Rigby
Joe Betts	Kim Klock	Rocky Rocheleau
Chris Bowles	Rob Landeck	Harold Schmidt
Howard Bowman	Leslie Leahy	Dave Short
Alfredo Cerna	Mike Morrison	Erin Starr
Danny Coakley	Mark Murphy	Donald Stephens
Brian Counsell	Trevor Noakes	Chris Stoots
Jeff Davis	Cassie Palmer	Mike Swain
Brian Edwards	John A. Palmer	Tom Thompson

Thank you to our Sponsors!

Kellogg's
Spotswood Baptist Church
Coleman's Towing
Play-it-Again Sports



COACHES! TEAM SPONSORS! WE NEED YOU!

Call Jason Smith at (540) 372-1086 ext. 204
for more information on coaching or
sponsoring a team today!

Volunteers Needed!

Do you like
giving back?
working with kids?
sharing your skills?
to help make a difference?
having fun?

If so, join us as a volunteer! Volunteer
for an hour, a day, or a lifetime!
Volunteers are always needed in the
following areas:

Special Events

First Night • Soap Box Derby • Childrens' Art Expo
and more!

Sports Coaches

Administrative Assistance

Camp Aids & Instructors

Sports Camps • Arts Camps • Childrens' Camps

For more information, please call
(540) 372-1086
or e-mail us at
fredprpf@fredericksburgva.gov